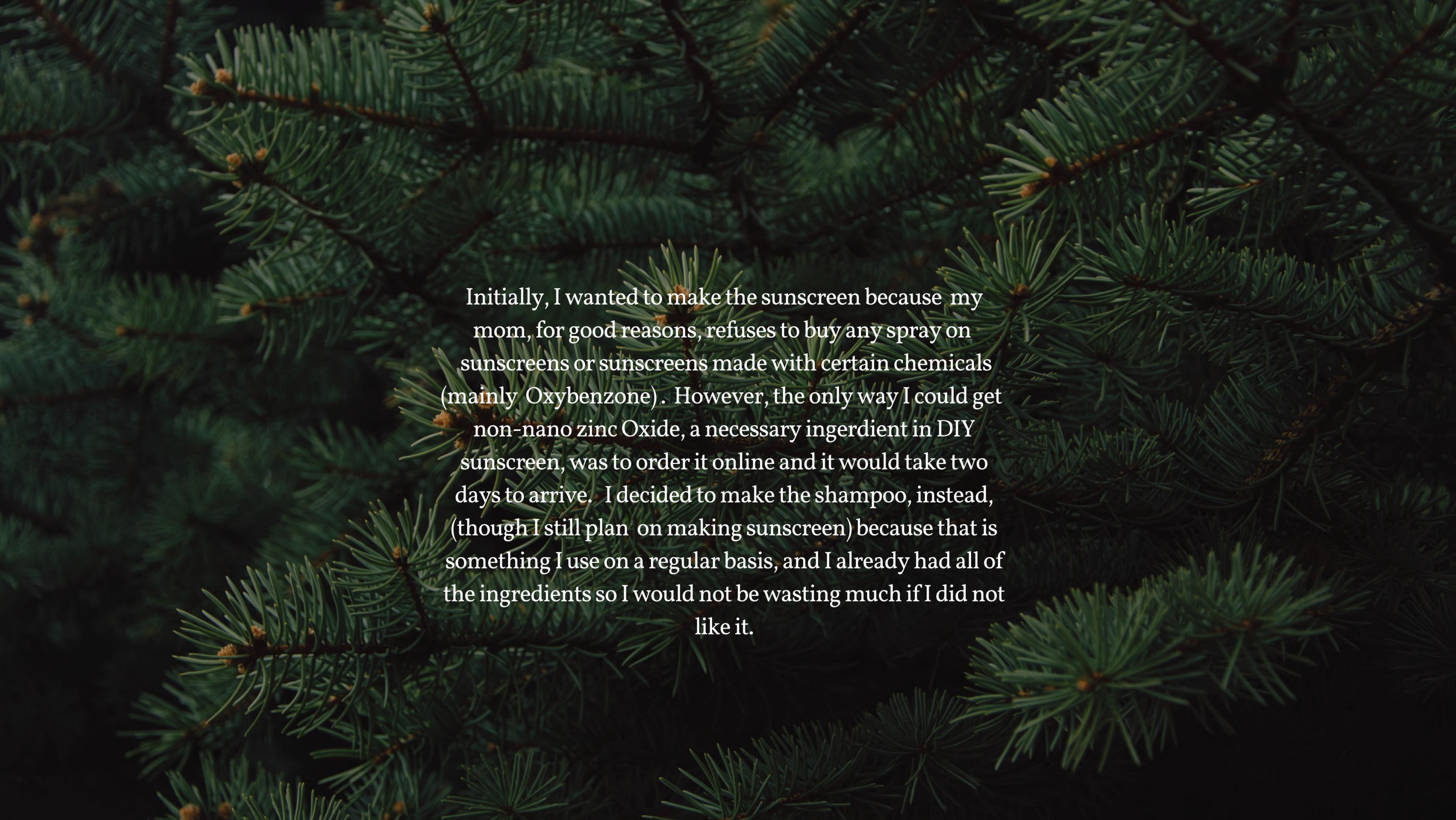




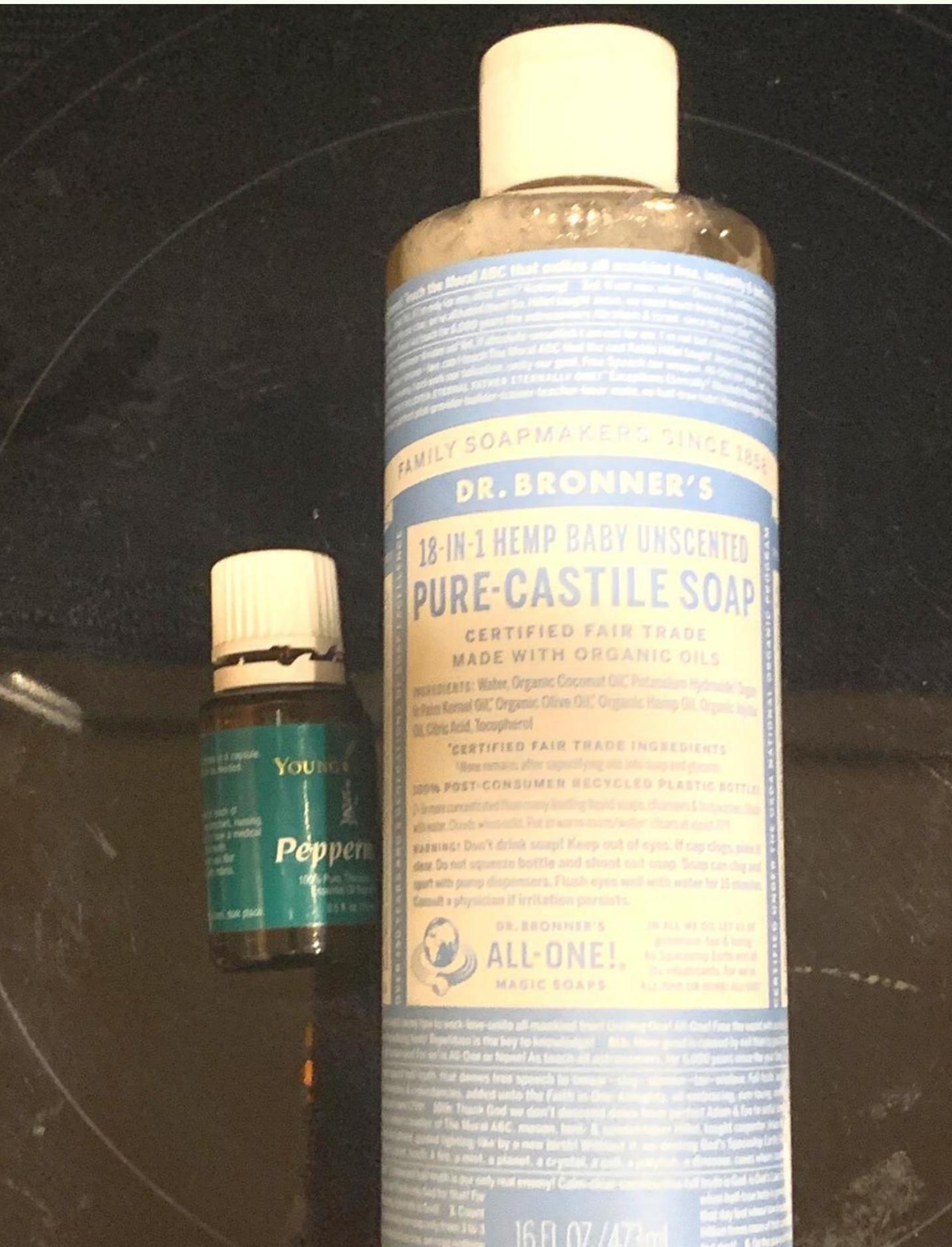
SHAMPOO DIY STEPS AND REFLECTION

Body

The Journey to Sustainability



Initially, I wanted to make the sunscreen because my mom, for good reasons, refuses to buy any spray on sunscreens or sunscreens made with certain chemicals (mainly Oxybenzone). However, the only way I could get non-nano zinc Oxide, a necessary ingredient in DIY sunscreen, was to order it online and it would take two days to arrive. I decided to make the shampoo, instead, (though I still plan on making sunscreen) because that is something I use on a regular basis, and I already had all of the ingredients so I would not be wasting much if I did not like it.



Ingredients

Brand and Source

The ingredients were pure-castile soap, water and essential oils. My mom already had the castile soap and essential oils. The castile soap brand, Dr. Bronner's, is environmentally responsible, free of fragrances, and organic, fair trade and biodegradable. The container is made from recycled materials.

DIY safe, Eco Friendly Shampoo



COMBINE CASTILE SOAP & WATER IN BOTTLE

Pour one part castile soap and one part water into it using a funnel. I reused a old shampoo bottle.



ADD ESSENTIAL OILS AND SHAKE

If desired, add a few drops of an essential oil. I used peppermint and only added two drops which was the perfect amount.



SHAKE WELL TO COMBINE

Mix the ingredients together by putting the cap on and shaking until well mixed. Your shampoo is ready to use!

I Learned...

DANGER

Only 20% of cosmetic products and personal care products are inspected for safety. They do not have to be proven to be safe to be sold in stores. They can contain neurotoxins and carcinogens, which cause brain damage and cancer respectively.

REGULATIONS

The FDA does not inspect personal care items and ingredients do not even have to be on the label. Additionally, words like "organic" and "natural" are meaningless when it comes to personal care products.

SOLUTIONS

Some green companies have safe, sustainable products available and everyone can check how safe their products are online to find the best option. Supporting laws to enable FDA to analyze and approve safe products is also beneficial.



My Thoughts

Take aways and thoughts

I really enjoyed making and learning about the dangerous chemicals and the environmental side of personal care products. The picture to the left is me while I was using the shampoo. It was a thinner consistency and not as bubbly as normal shampoo and felt a little harsher and dryer on my hair. I have straight hair that's generally pretty forgiving, and I think this would be more harsh on someone with curly or dry hair . I will use the rest of what I made, but I don't think I will continue to use it after that. In the future, however, I will always check cosmetic products to insure they do not have parabens, fragrances, or dyes and aim to use products in recycled packaging. I am hoping to try out a shampoo from Acure. I think a company that specializes in making hair care products can produce a much more effective and sustainable shampoo than I can at home.

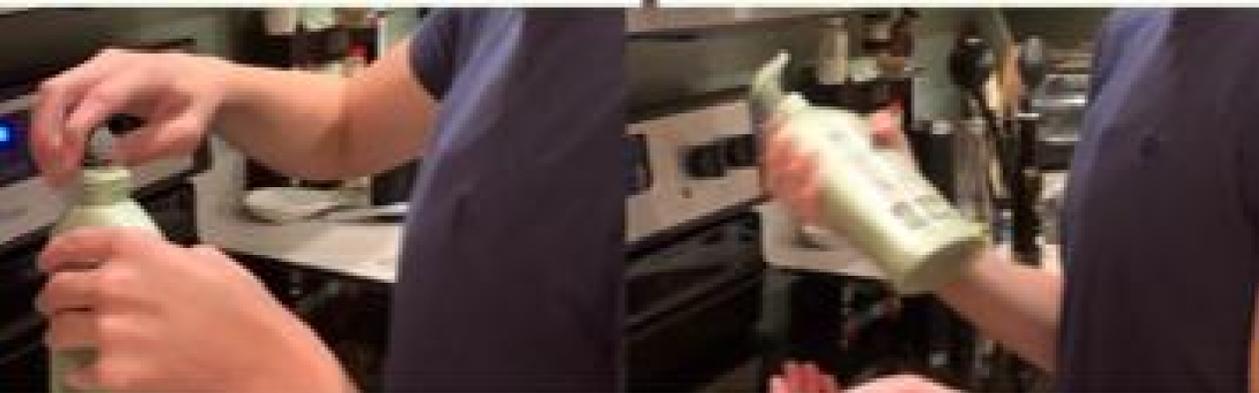


Ethan and Will's Thoughts

(My brothers)

Ethan and Will both tried it and concluded that it is not their favorite. They were quite surprised from the information I told them about personal care products and their impacts on our health and the lack of regulation. They agreed that we should only buy fragrance free, organic, and paraben free products and should check the ingredients online before buying them although they delegated me to go talk to Mom and update her on our preferences as she is the one who buys shampoo. Will's 12 and is not really concerned or aware of what cosmetic products he is using, but Ethan will check the ingredients in his products going forward. I hope that I am influencing both of them to consider the environmental implications and hidden health effects when they make decisions as trivial as buying shampoo. We share a bathroom and often share shampoo/conditioner, so I hope to try safe, sustainable products with them in the near future.

DIY safe, Eco Friendly Shampoo



COMBINE CASTILE SOAP, WATER, AND ESSENTIAL OILS IN BOTTLE

Pour one part castile soap and one part water into it using a funnel. I added two drops of peppermint essential oils. I reused a old shampoo bottle.

SHAKE WELL TO COMBINE

Mix the ingredients together by putting the cap on and shaking until well mixed. Your shampoo is ready to use!



1 like

sahs.pgc We learned a lot about personal care products today. Its almost unbelievable that they often contain chemicals that cause cancer and brain damage, but that's an unfortunate reality. An alternative is to make DIY personal care projects. We made an eco friendly, safe shampoo! Here's a step by step if you want to make your own! ❤️

@turninggreenorg #pgc2020

Instagram

Here's our instragram post!

The caption reads:

We learned a lot about personal care products today. It's almost unbelievable that they often contain chemicals that cause cancer and brain damage, but that's an unfortunate reality. An alternative is to make DIY personal care products. We made an eco friendly, safe shampoo! Here's a step by step if you want to make your own!

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